



**THE IPSWICH MEN'S SHED INC**

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**"Shoulder to Shoulder"**

**President:** Terry Carter **Vice President:** Laurie Caldwell

**Junior Vice President** Dennis Sinnott

**Secretary:** Brian Parker **Treasurer** Ian Weier

**Registrar:** Ted Wedmaier: **Executive Officer Electrical:** Darryl Edwards:

**Fund Raising/Purchasing** Bob Lewitz;

**Committee:** John Humphries; Ron Bopf; Ian Ross; Roger Overell; Bob Lewitz

**Patron:** Kylie Stonemen; **Future Development:** Bob Edyvean

Membership fees \$35 for 1 year – **daily fees \$3 plus \$4.00 lunch (Jan 2017)**

**Open Tuesday, Thursday & Saturday 9am-2pm**

Dear Members,

Happy New Year for 2017. On looking back at 2016, we have achieved much and I am confident that we will again move on to bigger and better outcomes for our Shed and all the members in 2017.

Introducing a healthy living plan will be our initial hope and I seek your help and assistance in this regard.

We wish to care for all members and in 2017 we will continue our Member stories, thanks to Laurie. The training will be an important task in 2017 and Members will need to be signed off on any machine which they wish to operate prior to their using same. Our daily fees will rise to \$3 and Lunch \$4 so be aware when bringing your cash. Membership of \$35 is now due and please pay when you can to assist our cash flow. Try to get involved more in 2017 by asking to learn or teach a skill and be prepared to assist in fund raising and shed management if asked.

I thank the committee for their support and leadership and let's work together in 2017 for another great year!

Regards

Terry



**SHEDDER OF THE YEAR**  
**NEIL LEE & VICKI**  
**2016**  
**“CONGRATULATIONS”**



**NEIL ALSO WON THE WISHING WELL!**

## **AWARDS**

**GRANT- ROGER OVERELL**

**FUNDRAISER - BOB LEWITZ**

**EVENT - LAURIE CALDWELL**

**BENT NAIL - AL MARTINEZ**

**DRIBBLER - KEN EVERSON**

**OLD TIMER - KEN EVERSON**

**ADMIN - LAURIE CALDWELL**

**H & S - TERRY CARTER**

**SHED 1 - ROB CREPIN**

**SHED 2 - BRIAN PARKER**

**SHED 3 - ROD EVERSON**

**WHERE AM I - NEIL LEE**

**SGTS - BOB EDYVEAN**

**TREASURER - IAN WEIER**

**FACEBOOK SUPPORTER - DULCIE**

**HAWKINS**

**FINES - DARRYL EDWARDS**

**THANKS TO OUR SUPPORTERS IN 2016**



## JIM DWAN'S STORY: Part 2:

With pay-out in hand and with wife Sue and daughter Kim by his side, Jim moved away from Balmoral to a 100 acre farm near Allora on the Darling Downs. Here Jim and Sue purchased a cheap old railway house from Toowoomba and had it moved onto their land.

Over time with the help of his wife, Jim set about restoring the home, whilst erecting fencing and putting in three dams, after finding two natural springs on the property. And then it was time to stock the farm, with his first animal being "Buttercup" the Jersey dairy cow. In time a heifer was introduced to the paddocks and Jim chuckled when the "posh" neighbour next door (much to her disgust and despite demanding payment which she didn't get), had her prize Murray Grey Stud Bull jump the fence to provide Jim with another free heifer to add to his live-stock.

Whilst at the farm Jim's health improved significantly enough for him to work casually at Allora Produce as a labourer, or to look after the place while the boss was away. He also sold soft drinks in Warwick one day per week, starting the run from nothing.

Then in a change of lifestyle, Jim and family moved to Canberra to attend a school of Discipleship at O'Connor Uniting Church under the Pastorage of Rev. Harry Westacott.

Upon their return, they were 'called' to move to Brassell. Jim works on the principle of never going back in his life as he lives for the future, so for the next two years, Jim and Sue managed a home for troubled teens. Whilst there Jim applied to join the police, but missed out due to ongoing health issues.

Not one to rest on his laurels, Jim used this time to begin a Tafe College Course and excelled in sheep and wool classing. Having completed the course, Jim and family moved to Boonah where he unfortunately discovered that due to previous injuries, his fine motor skills were slowed and he could not work in the sheds. Thus he commenced instead at the Morris Woollen Mills in Redbank and subsequently moved his family back to Ipswich.

By now Sue had also undertaken another course and had become a certified midwife - she has since become a triple by having completed a neo-natal care course at the Mater in Brisbane.



Whilst working at the Woollen Mills, Jim attended a prayer group meeting at Cunningham's Gap. In the meeting Jim received a divine message to give up his job. With no idea as to what was to follow, Jim accepted the challenge and resigned from the Woollen Mills the very next day.

Almost immediately thereafter, he noticed a job in the local paper calling for an assistance teacher at a Special School in Goodna and he knew that this was the direction he was being sent in. His application for the position was accepted and Jim spent 18 months there, before becoming a supervisor at the Activity Therapy Centre (ATC) in Ipswich for the next year after that.

Then came another complete change, with Jim becoming a truck driver for the Light Industries Laundry in Ipswich, which saw him driving massive kilometres all over Ipswich and Queensland – the equivalent in one year, of driving 3 times round Australia.

But then Jim chose another path by commencing in a nursery in West Ipswich, which provided him with sufficient knowledge to undertake landscape gardening in a team of four blokes at Bradken Engineering in Ipswich.

Jim enjoyed this work so much, that he remained working there for the next 13 years, before being made redundant.

Although he would have liked to seek further employment, Jim had never fully recovered from the time of his accident and after his departure from Bradken's, his doctor called 'time' – telling Jim enough was enough and directing him to go back on the pension.

By then he was living with his wife Sue in a house they built for themselves at Barellan Point, where they remain to this day. But not being one to be idle for long, in 2016 Jim joined the Ipswich Men's Shed and brought with him his friendship, years of experience in many fields and his knowledge of leatherwork and other things he is willing to share with members.

The major highlights of his life include meeting his wife Sue and daughter Kim, and more recently, the time he spends with his 4 grandchildren, Sambo, Gracie-Lee, Isaac and Trinity.

In closing, Jim says that it has been a struggle at times over the years, but that he has survived essentially intact, has been thanks in particular to the Grace of God, his wife Sue – who has been his rock, his daughter Kim and his 3 wonderful grandchildren. Their combined love has lifted him on.

This has been an interesting journey Jim and we thank you for sharing it with us.

## THE BAT

A vampire bat came flapping in from the night covered in fresh blood and parked himself on the roof of the cave to get some sleep.

Pretty soon all the other bats in the cave smelt the blood and began hassling him about where he got it. He told them to bugger off and let him get some sleep, but they persisted until he finally gave them a response.

"Okay, follow me," he said, and flew out of the cave with hundreds of bats behind him.

Down through the valley they went, across a river and into a forest full of trees.

Finally the bat slowed down and all the other bats milled excitedly around him.

"Now, you see that tree over there?" he asked.

"Yes! Yes, yes!" the other bats all responded eagerly.

"Great!" said the first bat. "I bloody didn't!"

## ETHEL AND MABEL

**Two elderly women were eating breakfast in a restaurant one morning.** Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?"

"Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

## INTERESTING TRIVIA

- In the US you dial 911 for emergency services. In Stockholm, Sweden you dial 90000.
- 38 percent of American men say they love their cars more than women.
- The US military operates 234 golf courses.
- 100% of lottery winners gain weight.

- Bullet proof vests, fire escapes, windshield wipers, and laser printers were all invented by women.
- A cat has 32 muscles in each ear.
- A duck's quack doesn't echo and no one knows why.
- There are more than 10 million bricks in the empire state building.
- In every episode of Seinfeld there is a superman somewhere.
- Most lipstick contains fish scales.

## PC NEWS

### Sleep or Hibernate?

Windows provides many options to save power when your computer is not in use. This is particularly useful when using a laptop. Two examples are sleep and hibernate. So what's the difference? Sleep mode is similar to pausing a movie. All open applications and documents are stopped and reside in memory (RAM) and the computer goes into a low-power level state. Full operations can be resumed quickly. This is very much a "Standby" mode. Hibernate is similar to sleep, however, instead of your applications and documents residing in RAM, it is written to the hard disk (HDD). This allows the computer to turn off thus using no power. When the computer is turned back on, it will resume from where you left off. It will however take a bit longer as the computer has to restore all your work from the hard drive back into RAM.

(Thankyou Chattergoon ICT Services, Gold Coast (Ph 0431062752))

### COL AND PETER - JEALOUS YET?





IPSWICH MEN'S SHED INC  
3A Mining Street  
Bundamba 4304

ABN 31 985 006 130

1<sup>ST</sup> January 2017

**Invoice 0117**

**MEMBERS  
YEARLY FEES**

ANNUAL DUES \$35.00 GST FREE

Bank Details:-  
Bendigo Bank  
BSB 633 000 A/c 150058048  
Email [ipswichmensshed@hotmail.com](mailto:ipswichmensshed@hotmail.com)

**SHEDDER OF THE MONTH  
JANUARY 2017**



**KEN BEITZEL**



**DARRYL AND MEG EDWARDS  
WINNER OF THE YEARLY FINES**



# NEW LIFE MEMBER ROGER AND DENISE



BOB AND SUPPORTER BRETT

# BUNNING'S BBQ FRIDAY 20<sup>TH</sup> JANUARY



Thursday, January 26  
Australia Day 2017



## JANUARY HEALTHY EATING AND EXERCISE PROGRAM STARTS



# 70'S AND BEYOND HEALTH CHECK

YOUR 70s and beyond: By now you will know there is a significant link between your health and your lifestyle. Keeping fit and well, both physically and mentally, is essential. Have an annual health check! Keep your weight down to a healthy level. Keep your activity levels as high as you are safely able to. Eat nutritious food with plenty of fruit and vegetables. Many men in their 70s are affected by depression and emotional problems as they lose some independence. Speak to your family, your mates or your GP if you are feeling depressed. Remember; it's never too late to improve your diet, get fitter, energize and find new interests and friends.

- Keep moving, walk daily and do any other activities that keep you fit and well
- Stay connected – keep in touch with friends and family, socialize and get out and about as much as possible
- Keep your brain active – Do Sudoku puzzles, crossword puzzles, play cards and other games that engage you
- Moderate your alcohol – have three alcohol-free days each week
- Talk it over – don't be embarrassed about any personal issues or problems, talk to your GP or a counselor for assistance and advice
- Laugh lots and loud

Your 70s & beyond DIY TIPS ✓

- Weight and waist measurement ✓
- Blood pressure ✓
- Cholesterol and glucose (diabetes) ✓
- Eye checks glaucoma, cataracts etc ✓
- Bowel cancer screen ✓
- Flu and Pneumonia shots ✓
- Blood tests for kidney and liver function and iron levels ✓
- Bone density ✓
- Mental health talk to your GP about any concerns





**BRIAN'S BARN – WELL DONE!!**

**SAILING DAY  
14<sup>TH</sup> JANUARY WIVENHOE DAM**





**February 23<sup>rd</sup> 2017**  
**Ageing Stronger, Active longer program**  
**North Ipswich reserve**  
**8.30-10.30 am**

**We have booked a stand at this event!**

## Seniors

Ageing is an inevitable part of life and what is important is the quality of life that an individual experiences during the remaining years of their lives. With growth expected in Ipswich City, it is anticipated that Ipswich City like other areas will have a growing aging population.

According to the Australian Bureau of Statistics (ABS), trends over the last 10 years show that the percentage of seniors aged 65 years and older has increased from 2.8% in 2001 to 3.2% in 2011.

However, when our city's age profile is compared with Queensland, Ipswich City is significantly younger in age, whereas, Queensland has a higher proportion of older people.

The ABS Census shows that the median age recorded among Queenslanders grew from 35 years of age to 37 years of age from 2001 to 2011. On the other hand, Ipswich City's median age was noted to be 32 years of age in both 2001 and 2011 Census periods.

Ipswich Council plays an active role in ensuring that it ensures that the wellbeing of all Ipswich residents is enhanced regardless of their age group.

Ipswich City Council embraces the following principles:

- Promote positive community attitudes towards and acceptance of older people and their right to independence, self-determination, dignity and choice.
- Value the skills, resources and diversity of older people and provide older people with an opportunity to grow to their fullest capacity and make a life long contribution to the community.
- Provide access to appropriate information, employment, training, learning, housing, transport, cultural, recreational, safety, security and care services that are appropriate to the diverse needs of older people.
- Encourage partnerships within the community that enable people to age positively and within a supported environment.



## What is a Men's Shed

A Men's Shed is any community-based, non-commercial organisation which is open to all males where:

- The primary activity is the provision of a safe, friendly and inclusive environment where males are able to gather together and/or work on meaningful projects at their own pace, in their own time and in the company of other males; and
- The primary objective is to advance the health and well-being of their male members.

Men's Sheds are a vital community investment delivering programmes and activities that foster community spirit, connect communities and contribute to building a more inclusive Australia. Most 'shedders' see themselves as having a strong sense of belonging and ownership of their Shed, share fellowship, camaraderie and devote most of their time to worthwhile community projects. Men's Sheds not only play important roles in the overall improvement of health and wellbeing but also positively engaging within their community for the benefit of their community.

A 'Men's Shed' can be a purpose built facility, a multipurpose community or private building or shared space used on a regular basis for the purposes of a Men's Shed. Innovative Men's Shed models such as Mobile Sheds will also be considered where it can be established that these models are the best way to reach a specific Priority Group.